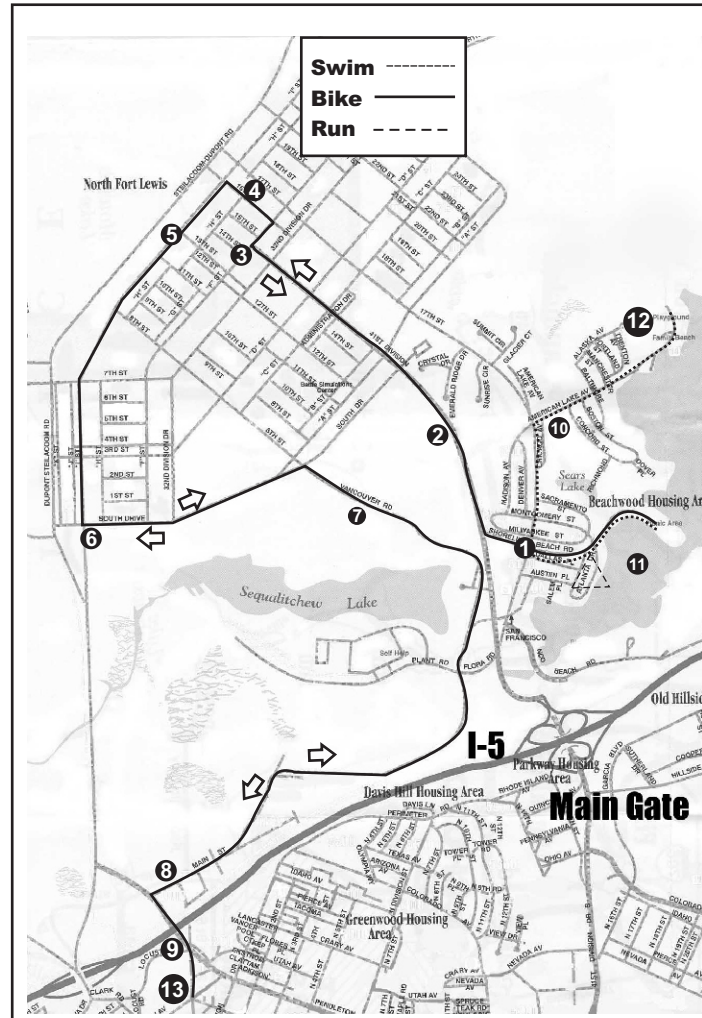


TRIATHLON SERIES MAP



- 1 Beach Road
- 2 41st Division
- 3 32nd Division Drive
- 4 16th Street
- 5 I Street
- 6 South Drive
- 7 Vancouver Road
- 8 Main Street
- 9 Lewis Drive
- 10 American Lake Ave
- 11 Swim Area
- 12 Run Turnaround Point
- 13 Bike Turnaround Point



FORT LEWIS, WASHINGTON

June 24, July 15, & 19 August 2006

PROUDLY SPONSORED BY:



CHECK OUR WEBSITE: FORTLEWISMWR.COM
OR CALL 253 967-6808

THE FORT LEWIS TRIPLE THREAT TRIATHLON SERIES 2006

☐ Race - 24 June 06 ☐ Race - 15 July 06 ☐ Race - 19 August 06

Forms may be photocopied.
One entry form per person

Last Name First Name Apt.

Street Address

City State Zip Code

Day Phone Age (on date of race) Swim time: :

Sex ☐ Email

Shift Size ☐ S ☐ M ☐ L ☐ XL

ENTRY FEES (Non Refundable)

- | | | |
|---|---|---|
| <input type="checkbox"/> Elite Civilian MW (\$60) | <input type="checkbox"/> Age Group Civilian MW (\$60.00) | <input type="checkbox"/> Relay Team Civilian MW/Coed (\$60) |
| <input type="checkbox"/> Elite MFM/RET. w/ID Card MW (\$25) | <input type="checkbox"/> Age Group MFM/RET. w/ID Card (\$25.00) | <input type="checkbox"/> Relay Team MFM/RET. w/ID Card (\$45) |
| <input type="checkbox"/> Elite-Active Duty Military MW (FREE) | <input type="checkbox"/> Age Group Active Duty Military MW (FREE) | <input type="checkbox"/> Relay Team Active Duty Military Units (FREE) |

Make checks payable to: IMWRF
Mail to: DMMWR-SPORTS, FITNESS, & AQUATIC BRANCH
ATTN: TRIATHLON SERIES
P.O. BOX 233 DUPONT, WA 98327-0233

MFM- Military Family Member
RET. - Retired Military

TOTAL AMOUNT PAID
\$

Hold Harmless Agreement and Covenant Not To Sue

In consideration of the rights granted me to participate in the "Triple Threat Triathlon Series", I, the undersigned, in acknowledgement that I am doing so entirely upon my own initiative, risk and responsibility do hereby, for myself, my heirs, executors, and administrators, agree to remise, fully release, hold harmless, and forever discharge the Government of the United States and all its officers, employees, volunteers, and all other sponsors acting officially or otherwise, from any and all claims, demands, actions or causes of actions, on account of my death or on account of any injury to me or my property which may occur from any cause whatsoever while participating in the above named program. I grant permission to all of the foregoing to use any photographs, motion pictures, recording and any other record of this event for any legitimate purpose. I have read the information provided and certify my compliance with my signature below. I also understand my entry fee is non-refundable. Parents must sign

Name of Participant

Signature of Participant

Date

Race Information

The Fort Lewis DMWR-Sports Branch presents the 14th Annual Triple Threat Triathlon Series. These races are open to the general public and everyone is invited. All three Triathlon races will start at Shoreline Park on American Lake on North Fort Lewis at 9:00 a.m. There will be a cap of 300 participants per race. Please sign up as soon as possible. There will be
“ NO ” DAY OF RACE REGISTRATION.”

Date & Distances

June 24 - ½ m Swim, 15 m Bike, & 3 m Run
July 15 - ½ m Swim, 15 m Bike, & 3 m Run
August 19 - ½ m Swim, 15 m Bike, & 3 m Run

Course:

The swim course is on American Lake. The water is usually in the low 60's. A wet suit is recommended but not required. The bike & run course is through North Fort Lewis and it is fast & flat. A helmet is REQUIRED.

Categories:

1. ELITE Men's/Women's

In this Category competitors compete across the ages. Competitors should be extremely experience triathletes.

2. Age Group - Men's / Women's

15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60 +

In this category competitors compete in their age groups. Competitors vary from beginners to experience triathletes.



3. Relay Teams: Men's / Women's / Coed / Military
This category is divided into four divisions. Each team consists of three individuals; One member swims, one member cycles, and one member runs. All three entries need to be signed and turned in as one team entry.

Awards

1. All Pre-registered participants will receive a race shirt.
2. Medallions will be given to 1st - 3rd places per category.
3. Door prizes will be pre-drawn from registered participants and posted prior to race. All participants are eligible for door prizes. Winners may pick up their prize at the check-in area **after the race.**
4. Special awards will be given to the Top Overall individuals in the Elite Category who participate in all three Triathlon events.
5. A Grand Door Prize will be given out at each race.



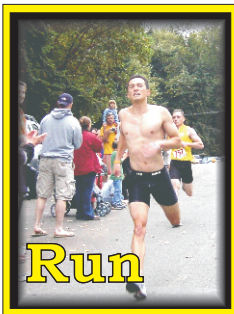
REGISTRATION DEADLINES BY COB:

TRI #1 - 21 JUNE 06

TRI #2 - 12 JULY 06

TRI #3 - 16 AUGUST 06

NO Day of Race Registration



Make check out to: **IMWRF**

Mail completed entry form with your check to:

DMWR-Sports Branch, Attn: Triple Threat,
P.O. Box 233, Dupont, WA 98327-0233.

Entry Fees /Registration

Civilians - \$60,
Military Family Member - \$25,
Active Duty Military - **FREE**,

Civilian Relay Teams - \$60,
Military Family Member Teams - \$45,
Active Duty Military Relay Teams - **FREE**
Entry Fees are **NON-REFUNDABLE**

Schedule of Activities:

7:30 Pick up race packet.
8:45 Race Briefing
9:00 Race Begins
12:30 Awards & Grand Door Prize.



(TIME LIMIT: 3 HOURS PER RACE.)

Driving Directions:

If you're coming from either south or north I-5, take exit #120. Go directly to North Fort Lewis Gate. Show your pass and follow the signs to Shoreline Park. If you have not received your pass and you have registered, you can pick up a pass at the gate. You'll need the following:

- a. A valid Driver's License
- b. A current Vehicle Registration Card
- c. Vehicle Proof of Insurance Card

Once through the gate, follow the road through the first light. Take the next right turn (Shoreline Drive) and follow the road through the stop sign. Continue until the road ends. Parking is on the left hand side. Park your car and start setting up your equipment.



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